

WALNUT BREAKFAST COOKIES

Grains/Breads

| | 100 servings | |
|---|---------------------|----------------|
| Ingredients | Weight | Measure |
| Margarine | 1½ lb | 3 cups |
| *Applesauce | 5 oz | ½ cup 2 Tbsp |
| Brown Sugar | 3 lb | 6¾ cup |
| *Pineapple , crushed, with juice | 2 lb 10 oz | 5 cups |
| Vanilla | | 1½ tsp |
| Maple Flavoring | | 3 Tbsp |
| *Flour , all purpose | 3 lb | 10 cups |
| *Nonfat Dry Milk | 12 oz | 2¼ cups |
| Cinnamon, ground | | 2 Tbsp |
| Baking Soda | 1 oz | 2 Tbsp |
| Salt | | 1 tsp |
| *Oats | 2 lb | 2 qts 2 cups |
| Raisins | 2 lb | 1 qt 2 cups |
| OR | | |
| Dates | 2 lb | 1 qt 2 cups |
| Walnuts , chopped | 1 lb 8 oz | 1 qt 2 cups |

Directions

1. Cream margarine, applesauce, and sugar in mixer bowl.
1. Add crushed pineapple with juice, vanilla, and maple flavoring.
2. Combine flour, nonfat dry milk powder, cinnamon, baking soda, and salt. Blend into creamed mixture.
3. Mix in oats, dates (or raisins), and walnuts.
4. Using #16 scoop, drop cookie dough onto baking pan. Flatten slightly.
5. Bake at 350°F for 12 to 15 minutes in a conventional oven or at 325° F for 10 to 12 minutes in a convection oven.

*Commodities are in **Bold**

Serving: 1 cookie

Yield: 100 (2½ oz) cookies

provides 1½ servings of grains/breads in Enhanced Meal Pattern at lunch

Nutrients Per Serving:

| | | | | | |
|---------------|-------|---------------|------|---------|-------|
| Calories | 277 | Saturated fat | 1.6g | Iron | 1.7mg |
| Protein | 5g | Cholesterol | 0mg | Calcium | 78mg |
| Carbohydrates | 42g | Vitamin A | 56RE | Sodium | 188mg |
| Total fat | 10.5g | Vitamin C | 1mg | | |

*Walnut Breakfast Cookie recipe provided by Vanna Lynn White, Three Oaks Elementary School, Ft. Myers, Florida
This recipe has not been standardized by the USDA.*